

Your personal guide.....

Diabetes Self-Management Information and Record Booklet



What you do each day really matters.

What is Diabetes?

Diabetes is a common, controllable, life-long disorder. Diabetes changes the way your body uses the food you eat. Your body turns food into sugar and uses this sugar for energy. Insulin is what helps move the sugar from your blood into your body's cells. If your body does not make insulin or the insulin is not working well, sugar will build up in your blood. High blood sugar levels may cause damage to your kidneys, heart, eyes, and nerves.

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Type 1 Diabetes:

With Type 1 diabetes, the body makes little or no insulin, so insulin shots are needed.

Type 2 Diabetes:

With Type 2 diabetes, the body makes some—but not enough—insulin, or the body may not be able to use the insulin as it normally should. Medicine(s) and/or insulin may be needed.

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Having diabetes does not mean you are sick. People with diabetes can be healthy in the same way as people without diabetes: by eating healthy food, being active, and controlling weight or losing weight if needed. Keeping blood sugars near normal can help lower your risk of other problems.

Self-Management:

What is self-management?

Diabetes self-management means you are in charge of making healthy choices every day. Making healthy choices will keep blood sugar levels as close to normal as possible.

Below are a few helpful skills you can expect to learn to self-manage your diabetes:

- ✓ How to make healthy food choices
- ✓ How to feel confident about your lifestyle choices
- ✓ How to eat a healthy amount of food at each meal
- ✓ How to test blood sugars at home
- ✓ What your blood sugar numbers mean
- ✓ How your medicine(s)/insulin(s) work
- ✓ When to take your medicine(s)/insulin(s)
- ✓ What are possible side effects of your medicine(s)/insulin(s)
- ✓ What are healthy physical activities for you and the good things that come from staying active
- ✓ What to do if your sugars are too high or too low
- ✓ How to reduce your risk of diabetes problems
- ✓ What diabetes care to expect or ask for

Living well with diabetes happens day to day. Know your blood sugar numbers and if they are not at goal, talk about different treatment options with your health care provider. If you are taking diabetes medicine(s), you may need to change the dose and/or start insulin shots. Your self-management skills may also need to change as your lifestyle changes or as you age.

When learning self-management skills, ask for help and support. Many health care providers can teach you new, positive ways to care for yourself. Understanding what you can do to stay healthy and reduce blood sugar levels is the first step.

Self-Management:

Things to remember

Be patient with yourself!

Remember that people learn in different ways. Some things you will be able to learn quickly while other things will take a little longer. Give yourself time to change habits and learn new information. Learning to self-manage your diabetes takes time and patience.

Find a local diabetes self-management education program!

Many health care clinics offer individual sessions, groups, and/or classes to help people learn how to self-manage their diabetes. Check with your health care provider to find a diabetes self-management education program in your area.

Find local help and support!

When it comes to your health, you know yourself the best. Be sure to tell your health care provider if things aren't working out. Learn as much as you can about diabetes. The more you know, the more power you have. Local help can include support groups and your library. Other resources are listed on the back page of this booklet.

Ask questions!

All the information about diabetes and its treatments can be hard to understand. Health care providers want you to be successful. When you ask questions, health care providers learn more about you. Then together you can decide on the best ways to care for your diabetes.

Recommended Standards of Care When You Have Diabetes

Part of self-management is learning and understanding what lab tests, exams, immunizations, medical checks, and education you need to stay healthy. These are listed below.

The Personal Diabetes Care Record (on page 9) will help you keep track of your results and remind you when it is time for a re-check.

LAB TESTS



A1c

Have this checked every 3-6 months.

(**Ideal:** Less than 7%)

This is a blood test done to check your average blood sugar level for the past 2-3 months. Your A1c level will vary but the lower, the better for reducing your risk of problems.



Fasting Lipid Panel

Have this checked every year.

(**Ideal:** Total cholesterol less than 200 mg/dL

Triglycerides less than 150 mg/dL

HDL [good cholesterol]

men – 40 mg/dL or higher

women – 50 mg/dL or higher

LDL [bad cholesterol]

less than 100 mg/dL or

less than 70 mg/dL for those at high risk)

Cholesterol, a fat, can build up in your blood, clog your arteries, and can block blood flow to your heart.



Kidney Function Tests – Have tests every year.

(**Ideal:** Have a test for urine microalbuminuria)

Normal is less than 30mg/g of creatinine. This test checks for tiny amounts of protein in your urine.

(**Ideal:** Have a blood test called serum creatinine)

This test checks for chronic kidney disease and how well your kidneys are filtering waste.

Recommended Standards of Care When You Have Diabetes

EXAMS/ASSESSMENTS



Dilated Retinal Eye Exam

Have this exam done every year.

Your eye doctor will put drops in your eyes to help see the back of your eyes. This is the only way to find out if high blood sugars have caused any damage to your eyes.



Dental Exam/Oral Check

Have a dental exam every 6 months.

Have your teeth and gums checked at every visit.

Regular visits with a dentist and having your provider check your teeth and gums can help find problems early, such as mouth infections and gum diseases, so treatment can be started.



Foot Exam

Take your shoes and socks off so your provider can check your feet at each office visit.

Your provider should do a complete foot exam with a tuning fork and a monofilament every year.

Check your own feet each day. By checking your feet every day you will notice any changes. High blood sugars can cause poor circulation and loss of feeling in your feet. Talk to your provider about any changes you notice.



Diabetes Visit/Complete Physical Exam

Diabetes Visit - every 3-6 months.

This is a time to talk with your provider about concerns you may have.

Complete Physical - every year.

This exam provides preventive health care to keep you healthy.

Recommended Standards of Care When You Have Diabetes

EXAMS/ASSESSMENTS



Blood Pressure

Have this checked every time you visit your provider.
(**Ideal:** Less than 130/80 mmHg)

This test measures how well your heart is pumping blood. High blood pressure can be treated and controlled with medicine.



Emotional/Sexual Health

Tell your provider if you feel depressed or have sexual health concerns.

Depression can keep you from doing your best self-care. Sexual concerns can also cause you to feel sad or down. Treatment is possible and may be helpful.



Tobacco Use

If you use tobacco, quit, or never start.

Once someone starts using tobacco products, it is very hard to stop. There are many ways to quit, so find one that works for you. Tobacco use is known to cause many health problems.

IMMUNIZATIONS



Flu Shot and Pneumonia Shot

Have the flu shot every fall.

Have a pneumonia shot once before age 65, then as recommended.

People with diabetes are at greater risk of getting flu and pneumonia. Shots will help lower that risk.

Recommended Standards of Care When You Have Diabetes

EDUCATION



Physical Activity Level

(Ideal: 30 minutes a day, at least 5 days a week)

Any physical activity (for example, walking) will help lower your blood sugar level and help you feel better. Find an activity you enjoy doing and gradually increase the amount of time until you reach your goal.



Healthy Eating/M meal Choices

See a registered dietitian when first diagnosed, for 3-4 visits over 3-6 months, then annually or as needed.

A registered dietitian can help you learn how to make healthy meal choices and teach you healthy serving sizes. If you are overweight, any weight loss can be helpful. A healthy weight helps your insulin work better.



Diabetes Self-Management Education

See a diabetes educator when first diagnosed with diabetes, then every 6-12 months or as needed.

A Certified Diabetes Educator (CDE) can help you learn how to self-manage your diabetes. Learning about diabetes will take time, but it will help you make healthy choices every day.



Home Blood Sugar Testing

(Ideal: Before meals less than 130 mg/dL and after meals less than 180 mg/dL)

Testing blood sugar levels is important. It helps you know how your body is using the food you eat. Ask your health care provider to see how often you should test. Discuss what blood sugar range is best for you.

Personal Diabetes Care Record

LAB TESTS

Goal	Date	Date	Date	Date
A1c <7% - every 3-6 months				
Fasting Lipid Panel - yearly				
Total Cholesterol <200 mg/dL				
Triglycerides <150 mg/dL				
LDL <70 mg/dL or <100 mg/dL				
HDL ≥40 mg/dL men ≥50 mg/dL women				
Kidney Function - Urine microalbuminuria <30 mg/g - yearly Serum creatinine for kidney function - yearly				
Dilated Eye Exam - yearly				
Dental Exam - every 6 months Oral Check - every visit				
Foot Check - visual check every visit Complete Foot Exam - yearly				
Diabetes Visit - every 3-6 months				
Complete Physical Exam - yearly				
Blood Pressure <130/80 mmHg - check each visit				
Emotional/Sexual Health - discuss each visit				
Tobacco Use - discuss each visit				
Flu - each fall				
Pneumonia - once, per your provider				
Physical Activity Level - discuss each visit				
Registered Dietitian - at diagnosis, for 3-4 visits over 3-6 mo., then annually				
Self-Management Education - at diagnosis, every 6-12 months, or as needed				
Home Blood Sugar Testing - review each visit				

EXAMS/ASSESSMENT

SHOTS

EDUCATION

Self-Management Behavior Goals

Self-Management Goals

Choose a goal(s) that is realistic and obtainable.
Use the extra space to personalize your goal(s).

Goal 1: Be Active



Goal 2: Healthy Eating



Goal 3: Taking Medicine(s)



Goal 4: Monitoring



Goal 5: Problem Solving



Goal 6: Reducing Risk



I will decrease my risk of complications through these preventive care goals:

- ☐ Lower or maintain my A1c at _____.
- ☐ Schedule a dilated eye exam
- ☐ Have a fasting lipid panel
- ☐ Get my urine checked
- ☐ Stop using tobacco
- ☐ See my provider every 3 to 6 months
- ☐ Have my blood pressure checked each visit
- ☐ Obtain a flu shot annually and pneumonia shot
- ☐ Check my own feet daily

List additional goal _____.

Goal 7: Healthy Coping



Medicine(s) List

[illegible]

Health Care Provider Name(s) and Phone Number(s):

Bring this booklet with you when you see your health care provider or specialist so you can show how you are self-managing your diabetes at home. Also bring:

- ✓ Blood sugar record or log book
- ✓ Blood sugar meter
- ✓ Record of foods eaten for 3 days before your appointment

If you have any questions about these items, please talk to your primary health care provider.

Additional Resources:

American Diabetes Association

1-800-342-2383

<http://www.diabetes.org>

American Heart Association

(414) 271-9999

<http://www.americanheart.org>

National Kidney Foundation of Wisconsin

1-800-543-6393 • (262) 821-0705

<http://www.kidneywi.org>

National Diabetes Information Clearinghouse (NDIC)

1-800-860-8747 • (301) 654-3327

<http://diabetes.niddk.nih.gov>

National Diabetes Education Program (NDEP)

1-800-860-8747

<http://www.ndep.nih.gov>

Wisconsin Department of Health Services Diabetes Prevention and Control Program (DPCP)

<http://dhs.wisconsin.gov/health/diabetes>

Wisconsin Tobacco Quit Line

1-800-784-8669 (*English*) • 1-877-266-3863 (*Español*)

<http://www.ctri.wisc.edu/quitline.html>



Developed by the
Wisconsin Diabetes Advisory Group
and Wisconsin Diabetes Prevention and Control Program
Division of Public Health
Wisconsin Department of Health Services
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